

Splash News

SCOTTISH SWIMMING'S MEMBERSHIP NEWSLETTER – ISSUE 5: AUTUMN 2004

Take a fresh look at www.scottishswimming.com

Scottish Swimming has just launched a brand new website for the sport, with lots of new and exciting features.

Whatever your interest – we've got it covered!

The new look website has a section uniquely devoted to each discipline, where you'll find the latest news on your favourite sport. What's more, there's also a resource centre, allowing us to keep you fully updated with the latest information and downloads.

News to your inbox

Get the latest news delivered to your inbox, with the new look newsletter. Register on line and select any or all of the disciplines you'd like to receive news on. We'll develop this further to send you special preview information and access to exclusive competitions.

Membership Benefits

The new membership section on the website provides you with information on the latest benefits open to you as a member. A membership benefits portal will be launched shortly to allow us to bring you even more offers, as we bring more partners on board. Details of the benefits can be viewed in the membership downloads section until this portal is launched.

Club administration

We've provided a club administration resource centre for club executives to access the most recent and relevant information. Club development and child protection information is also included within the clubs section of the site.

Clubs Database

The new clubs database will provide potential members with the opportunity to search for their nearest club by discipline, training facility name and postcode. If your club details are incorrect or incomplete – get in touch with us and we can update it straight away.

Coaching and Education

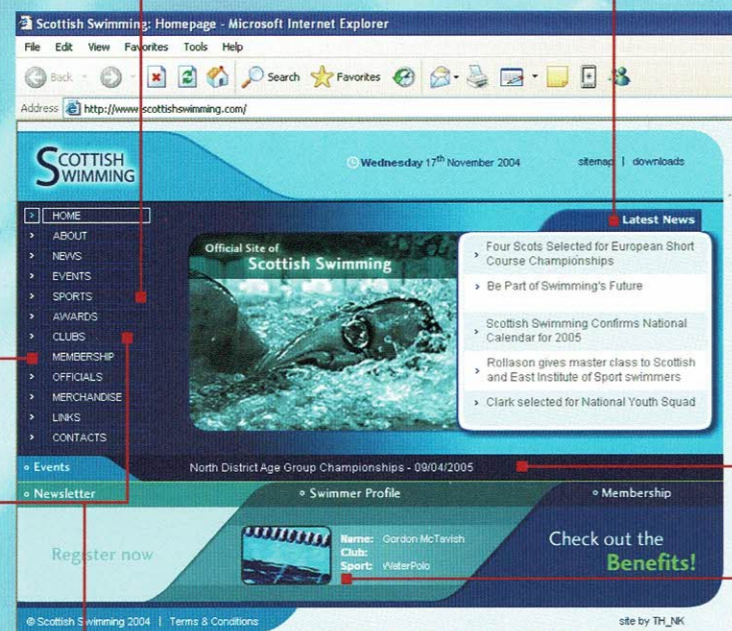
The new coaching and education section will provide you with all the latest information and some useful downloads. We will shortly be launching a coaching extranet for secure access to exclusive information for our coaches.

Events Calendar and Results

The new look events calendar displays the next aquatics event on the homepage and allows you to go in and select events by date – just scroll across the top bar of the calendar and pick your day. A downloadable version of the calendar is also available in each of the disciplines resource centres. You can still access results of the meets through the swimscotland website – www.swimscotland.co.uk, which is also in the 'links' section of the site.

Squads

Swimming is performing well as a sport and these talented athletes deserve the recognition. We are developing profiles of our top athletes to let our members and the people of Scotland know who they are and how they are doing.



Gregor Tait begins his Olympic experience at the Olympic trials in April



Jim Anderson, Scottish Paralympian



Scots make their mark in Athens

The British Swimming squad laid the ghosts of Sydney to rest in Athens, when they arrived home with two medals, 14 finalists and 19 semi-finalists. Here's how Scotland's swimmers performed.

Gregor Tait (now swimming with Cardiff) touched seventh in the final of the 200m Backstroke (1:58.28) in his first Olympic Games and added another final to his honour, finishing eighth in the Men's 4 x 100m Medley Relay (3:37.77). His performance earlier in the competition saw him finish 12th in the semi-finals of his less favoured 100m Backstroke (55.31).

Atlanta Bronze medallist Graeme Smith (Stockport Metro) finished sixth in the 1500m freestyle final (15:09.71), which saw fellow Brit David Davies collect Britain's second bronze medal of the Games. Smith also swam in the 400m Freestyle heats, finishing 20th in 3:52.41. His teammate and World silver medallist Ian Edmond qualified for the semi-finals of the 200m Breaststroke seventh fastest (2:13.08) but disqualification in the semi-finals ended the Olympic dream for the City of Edinburgh swimmer.

Fellow club mate Kirsty Balfour was a late entry for the Women's 200m Breaststroke and justified her place, finishing tenth fastest in the semi-finals (2:28.92). Balfour's quartet in the Women's 4 x 100m Medley Relay smashed a British Record, qualifying fourth fastest for the final (4:05.63).

Five-time Olympian Alison Sheppard qualified eighth fastest for the semi-finals in for the 50m Freestyle and finished 12th in the semi-finals (35.26). Sheppard also booked the 4 x 100m Freestyle squad a place in the final, with a time of 25.36. Caitlin McClatchey made her first major Championship debut at the Olympics, touching fifth in the final of the Women's 4 x 200m Freestyle Relay.

Commonwealth Games finalist Todd Cooper (Stirling) finished 22nd fastest in the heats of the 100m Fly with a time of 53.48, missing out on a place in the semi-final. Finally, Aberdeen Dolphin's David Carry placed the Men's 4 x 200m Freestyle relay squad in the final fourth fastest, with an individual time of 1:49.28.

Medal haul for Paralympians

Scotland's Paralympic swimmers did their country proud at the Games, bringing home eleven out of fifteen medals won by Scottish athletes in Athens from 19 – 27 September.

Broxburn's Jim Anderson picked up an amazing four gold medals at the Games – more than any other Scottish athlete – in the Men's S2 50m, 100m and 200m Freestyle events and the Men's S2 50m Backstroke event.

Commenting on doubling his previous Paralympic best, Anderson said "I swam a lot during the Games, but I never imagined I could win four medals."

Five time Paralympian Maggie McEleny (Port Glasgow Otters) also struck gold in the Women's 4 x 50m Medley Relay and went on to win silver in the Women's SB3 50m Breaststroke and SM4 150m Individual Medley.

Incas swimmer Andrew Lindsey took on his first Paralympics in style, picking up gold in the Men's S7 100m Backstroke and taking Scotland's medal tally to three.

Fellow first timer Mhairi Love (Stirling) put in a strong performance to pick up two silvers in the Women's 20pts 4 x 50m Freestyle Relay and the Women's S6 400m Freestyle relay.

Port Glasgow's Kenny Cairns secured Scotland's final medal with a bronze in the Men's 20pts 4 x 50m Freestyle relay – a fantastic result for the 47 year old.

Incas swimmer Lara Ferguson was bitterly disappointed when she picked up a viral infection before attending the Games. Although she vowed to compete, the virus was too much to overcome in competition.

British swimmers won 16 gold, 20 silver and 16 bronze medals in total at this summer's Games, which accounted for over half of the medals won by the whole of the British Paralympic Team.

Be part of swimming's future!

CONSULTATION MEETINGS FOR SCOTTISH SWIMMING MEMBERS

Scottish Swimming is re-defining its vision and strategy to ensure it accurately reflects the needs and opportunities within our sport. We aim to listen to feedback from as many of our customers as possible to ensure that our Vision and Strategy can be embraced by everyone involved with the Scottish Swimming, whether in a voluntary or professional capacity. This is your opportunity to put forward your ideas and be part of swimming's future.

Consultation dates: Thursday 6 January 2005 and Saturday 8 January 2005

Consultation venue: National Swimming Academy, University of Stirling

To reserve your place, contact Helen Dickie at Scottish Swimming on:
Tel: 01786 466528 Fax: 01786 466521 Email: h.dickie@scottishswimming.com

Places are available on a first come, first served basis. Minimum and maximum numbers apply.

Where is Scottish Swimming headed?

What should Scottish Swimming represent?

What should Scottish Swimming not represent?

Coaching and Development team strengthened

Richard Gordon took up the newly created position of Director of Coaching and Development with Scottish Swimming in September and brings with him a wealth of experience within the sport.



Richard Gordon

Joining Scottish Swimming from the Amateur Swimming Association (ASA), where he was the Coaching and Talent Development Co-ordinator, having previously been the Regional Development Officer for the East Region (East Anglia), some of Richards recent achievements include:

- Reviewing the ASA's current coach education programme, producing British Swimming's National Coach Certificate (NCC) Delivery Plan (which attracted funding from UK Sport) and producing a national framework for the Community Sports Coach scheme to attract funding for coaches to work within swimming in England.
- Producing the British Swimming endorsed Long Term Athlete Development (LTAD) model, one of the central elements of British Swimming's Strategic Plan.
- Producing the ASA's School-Club links framework, which attracted funding for a School-Club Links Co-ordinator and funding for accredited Swim 21 (the ASA's club development model) clubs and Aquamark learn to swim programmes.
- Producing the Talented Athlete Scholarship Scheme (TASS) national swimming framework that attracted funding for talented swimmers attending English universities or colleges.
- Encouraging and assisting local authorities and District and County ASAs to produce swimming development plans.

Richard has a wide and varied experience of sports development, ranging from performer to coach to development officer and administrator over the past 20 years. He is relishing his return to Scotland and believes that there is strong potential for growth and development, particularly in working with local authorities and clubs and in the area of teacher/coach education.

Water polo visit from GB

Scottish Water Polo clubs across the country were delighted to welcome the National Performance Director of British Water Polo, Nick Hume, along with Piers Martin, the ASA National Development Officer for Water Polo and Sarah Dunsbee, ASA Water Polo Co-ordinator during their recent visit to Scotland.

The visit took place from Monday 28th September through to Wednesday 30th September and this allowed for Nick and his colleagues to travel to three different sites to deliver sessions on Coach Education.

The Olympia Pool in Dundee was the first port of call for the trio and the afternoon's activity saw Piers lead a well-received three-hour CPD course on 'An Introduction to Mini-Polo!'. The course included a one-hour practical slot where the teachers tried out their own ball skills in the pool. To finish, still in their teams from the pool session, the teachers were able to put together a training plan for a 'Mini-Polo!' session using their newly gained skills.

Later that evening, Menzieshill Whitehall and Dundee WPC players and coaches enjoyed their experience with the NPD. Whilst Nick delivered his Core Skills and Drills presentation and supporting video, Piers and Sarah took up position poolside to coach the local Water Polo enthusiasts the very same skills and drills being shown to their coaches.

Menzieshill Head Coach, Murray McLeod said 'It was excellent and the kids loved it. Lets hope more of the same can be arranged again soon'.



Youngsters benefit from GB Water Polo visit

The Tuesday evening's schedule at the Carnegie Centre, Dunfermline, was Scotland's chance to take cognisance of, and give their support to recent initiatives being developed by Nick, Piers and Sarah including the British Water Polo Four Year Plan, Long Term Athlete Development plans and the new Regional Training Centres and High Performance Centre at Manchester. Another excellent opportunity for all up and coming Polo Players to consider is the Water Polo Academy at Grantham College, Lincolnshire. Players aged 16 – 21 yrs can apply to study further education and try out for selection on to the College Academy programme.

Coaches and players from clubs such as Dundee WPC, Menzieshill Whitehall, Dunfermline WPC, Portobello WPC, Warrander Baths WPC, East Dunbartonshire and Renfrew Aqua WPC all enjoyed practical Skills and Drills sessions from Nick and Piers' over the three-day visit and they were all extremely grateful to take part in this exceptional opportunity.

Scotland's youngest STO

At the age of 23, Fiona McDonald is Scotland's youngest National Swimming Technical Official (STO) and as SplashNews finds out, is a great ambassador for volunteering in the sport.

A graduate from Glasgow School of Law, Fiona teaches dance and tutors law in addition to officiating at swimming events. What inspired her to take up officiating in her life which was already brimming with activity?

At the promising age of nine, Fiona was introduced to competitive swimming through her local club, Inverclyde. After a few years of competing, Fiona wanted to try something different and decided to try officiating. The first step on the ladder was to pass her club time keepers exam, which she did at the age of sixteen and now regularly officiates at National events.

Fiona isn't fazed at being the youngest National STO in the country. "Being an STO allows me to encourage the younger people in the sport. Now that they know who I am, it's much easier" she said.

One of the most challenging aspects of her officiating is being able to apply authority in a way that benefits the individuals. This approach also allows Fiona to encourage

those individuals requiring that little bit more attention.

The drive behind this effort is the desire to be the best she can. She also admits that it's good to have her dad – Colin McDonald, also an STO – asking her questions.

"Privileged, excited and daunted!" is how she would best describe her swift rise through the ranks of officiating, but would recommend it to anyone looking to try something new.

"People are always made to feel welcome when they approach their local club for more information about officiating" said Fiona and added "The only restriction is that you have to be sixteen years old or over"

If you would like to find out more information about officiating, the first step is to ask your Club Secretary for information and details of the next courses. Alternatively, visit the Scottish Swimming website – www.scottishswimming.com – or call 01786 466520.



Fiona McDonald

SplashNews

Remember!

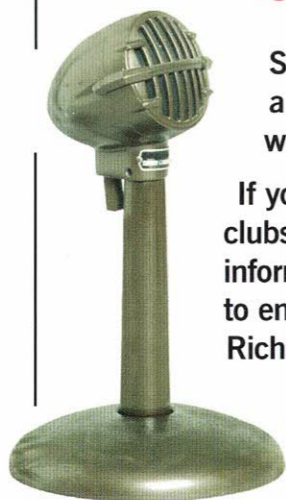
SplashNews is **YOUR** newsletter.

If there's an area of aquatic sport you want to see more on, then let us know. Or, if your club has an interesting story or great photo that epitomises what you do, then send it in, and we'll share it with the whole of Scotland. We're waiting to hear from you – be part of it!

01786 466520

info@scottishswimming.com

"Calling all coaches!"



Scottish Swimming will shortly be launching a new coaching resource on their new website – www.scottishswimming.com.

If you're a coach with one of Scottish Swimming's clubs and interested in accessing exclusive information to support you in your role, register now to ensure you are amongst the first to benefit. Email Richard Gordon at r.gordon@scottishswimming.com or telephone 01786 466520.

Nancy Riach Memorial Medal | WG Todd Prize and Cup | John and Margaret Bell Award

Dennis Sullivan Memorial Trophy | Water Polo Player of the Year Awards

Disability Swimmer of the Year Awards | JY Coutts Award

Volunteer Awards | BSCTA Scottish Coaching Awards

Scottish Swimming Awards Dinner

£39.50
Per person

Hilton Glasgow Grosvenor - Saturday 26 February

Your evening: pre-dinner reception, three course dinner, prize raffle and auction

Swimming has had a vintage year and the time has come to celebrate it!

Join us for the evening to celebrate and recognise the achievements and dedication through out the sport over the past twelve months. This is your opportunity to truly toast the successes and raise a glass to a brightening future.

The evening includes awards for success and achievements in all our sports, outstanding coaching and the dedication of our volunteers, without whom we wouldn't have a sport.

BOOK YOUR PLACE NOW FOR WHAT PROMISES TO BE A NIGHT TO REMEMBER!

For information and bookings, contact Cindy Doherty at Scottish Swimming.

Tel: 01786 466472

Email: c.doherty@scottishswimming.com

What do YOU think

SplashNews is the newsletter produced for our members to keep you updated on the latest news and developments in our sport. SplashNews costs Scottish Swimming £18,000 to produce and distribute to our members three times per year. This is the largest element of the marketing budget and the most costly membership communications tool. Is it value for money? Would you like us to communicate in a different way?

Please complete and return the following questionnaire to Scottish Swimming to let us hear your views on how we can improve this membership benefit. Or, email us at info@scottishswimming.com

We want to hear from YOU!

How important do you feel it is to be kept informed of the latest news and developments in Scotland?

(Rate from 1 (not important) to 5 (very important))

1 2 3
4 5

How would you like to find out about the latest new developments?

Website
SplashNews
Email

What would you like to be included in our communications?

Performance results
Coaching/education
Club successes
District successes
Coaching tips
Nutrition advice
Competitions
Exclusive interviews
Children's section
Scottish Swimming's activity
Other (Please specify)

How regularly would you like to receive this sort of news?

Weekly Monthly
Quarterly Annually

Your views are important to us and we hope you take this opportunity to put them forward. Please return the completed questionnaire to the Scottish Swimming office (details on inside back cover).

SPLASHZONE

Training tips, competitions, news and information for Scotland's younger swimmers

ELITE JUNIORS UPDATE

Scottish Swimming unveiled the new Scottish National Youth Squad for 2004/05 in September. The talented young men and women from across the country will gather at the National Swimming Academy through out the year for a series of intensive training and stroke camps.

Selection for the squad was tougher than ever, with every swimmer having to achieve a time that would put them on a pathway to future Commonwealth Games selection as they mature and develop.

National Youth Squad Coach Ally Whike is confident that the future is bright for the squad.

"With the Commonwealth Youth Games, European Youth Games and European Championships on the horizon this is an exciting period for the highly motivated and strong group of young swimmers and I know they will do their best representing their country at these events" said Whike.

So after the gruelling selection process, the youth squad, with its eight new members must prepare for an even tougher time ahead. The first challenge for some of the swimmers in the squad will be the second Commonwealth Youth Games in Bendigo Australia from 21 November.

National Youth Squad selection

Michael Adams (City Of Aberdeen); Mark Branch (Ren 96)*; Chris Chasser (South Aberdeenshire Squad); Ross Clark (City of Dundee)**; Randal Falconer (City Of Aberdeen)*; Stuart Greig (Alloa)**; Scott Houston (Ren 96)*; Stuart Houston (Ren 96)**; Andrew Hunter (Berkhamsted Barracudas); Michael Jamieson (City Of Glasgow)**; Malcolm Kerr (Warrender BC)**; Charles Mills (Ren 96)**; Adrian O'Neill (City of Aberdeen)**; Billy Purnell (Warrender BC); Robbie Renwick (City Of Aberdeen); David Shewan (City Of Glasgow); Lewis Smith (Warrender BC)*; Steven Sutherland (City Of Aberdeen); Taylor Wamberg (Ren 96)**.

Fiona Andrews (Ren 96)**; Kerry Buchan (South Aberdeenshire Squad)**; Megan Gilchrist (City of Edinburgh)**; Rachel Hannah (Highland)**; Emma Harrison (Warrender BC)**; Kirsty Hart (Ren 96)**; Rebecca Hillis (Ren 96)**; Ruth Maclean (City of Glasgow); Hannah Miley (South Aberdeenshire Squad)*; Louise Pate (Heart of Midlothian)**; Carrie Simpson (City of Aberdeen); Lorna Smith (Ren 96)*; Aileen Stirling (City Of Glasgow)**

* Denotes a member of the Scottish Institute of Sport
** Denotes a member of the Area Institute of Sport network



National Youth Squad member Kerry Buchan

1. Where are the 2008 Olympic games being held?

A. Italy B. Japan C. China

2. How deep must a pool be before it can be used for diving?

A. 2 metres B. 6 metres C. 5 metres

3. In which City were the first Olympic Games held in 1896?

A. London B. Athens C. Atlanta

4. Which open water swimmer took part in a charity swim across the British Channel?

A. Andrea Gellan B. Susan Black C. Sarah Spencer

5. How many different sports are in the Commonwealth youth games?

A. 21 B. 10 C. 9

back2skool

Answers Page 6

COMPETITION

Win a Speedo kitbag!

Scottish Swimming has joined forces with National Squad sponsors Speedo to offer one lucky reader the chance to win a Speedo Kitbag. Simply answer the question below to be in with a chance of winning:

Question: The butterfly stroke developed from which other swimming stroke?

- A. Breaststroke
- B. Front Crawl
- C. Backstroke
- D. It didn't – it's always been around

Email your answers to: info@scottishswimming.com or send them in the post to Scottish Swimming, National Swimming Academy, University of Stirling, Stirling, FK9 4LA. Closing date for entries: 31 January 2005.

Swim squad announced for Commonwealth Youth Games



BENDIGO 2004
II COMMONWEALTH YOUTH GAMES

A team of Scotland's top young swimmers will make their way to Bendigo, Australia at the end of November to compete in the second Commonwealth Youth games, the Commonwealth Games for athlete's aged 18 and under.

Fourteen swimmers will travel with the seventy-strong team of athletes representing Scotland, across sports such as cycling, gymnastics, rugby sevens, badminton and athletics.

Scott Houston, silver medallist at the European Junior Championships this year has been included in the squad and is looking forward to competing. "Even though it is a small team, all swimmers are looking to make finals and some medals. Scotland has a really good team going to Bendigo."

City of Aberdeen coach Eileen Adams will travel with the swimmers as their coach, along with Sandy Blackwood of REN 96.

Steve Paulding, Team Manager for the Youth Games said: "This is a marvellous opportunity for these young people to gain experience competing at a large international multi-sport event at an early age. Hopefully it will inspire many of them to go on to compete successfully in future senior Commonwealth and Olympic Games."

The Commonwealth Youth Games were first held in Edinburgh four years ago, where six hundred athletes competed from fifteen Commonwealth countries. This year in Bendigo, there will be up to 1,000 athletes from twenty Commonwealth countries.

Look out for our swimmers competing in the games on 1 -3 December. Register at www.scottishswimming.com to get the latest news delivered to your inbox.

Scotland's swimmers

Mark Branch (Ren 96); Andrew Hunter (Berkhamstead Barracudas); Scott Houston (Ren 96); Malcolm Kerr (Warrender BC); Charles Mills (Ren 96); Robbie Renwick (City of Aberdeen); Lewis Smith (Warrender); Kerry Buchan (South Aberdeenshire Squad); Rebecca Hillis (Ren 96); Jenni Kilgallon (City of Dundee); Hannah Miley (South Aberdeenshire); Louise Pate (Heart of Midlothian); Lorna Smith (Ren 96); Gemma Sutherland (City of Aberdeen)

Bank of Scotland to invest more than £65,000 into Scottish Swimming over the next year



Bank of Scotland are set to invest £65,000 into Scottish Swimming on the development of young swimmers over the next year. The new one year deal extends Bank of Scotland's sponsorship relationship with Scottish Swimming to five years, and represents a total investment in the development of swimming in Scotland of almost quarter-of-a-million pounds during that time.

Since the relationship started, Bank of Scotland has provided support to Bank of Scotland Learn to Swim programme, Bank of Scotland Adult and Child programme, Bank of Scotland National Swimming Award and Bank of Scotland Academy. While the Learn to Swim, Adult and Child and National Swimming Award programmes have been responsible for encouraging thousands of

Scotland's youngsters into the pool, the Academy programme has taken the best ten and eleven year old talent from clubs across the country and given them access to Scotland's top swimming facilities, and training and coaching resources.

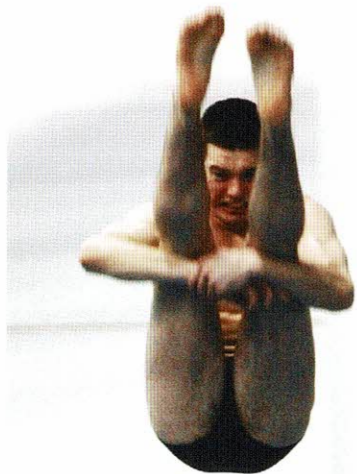
World Championship Silver medallist Ian Edmond and five-time Olympian Alison Sheppard spent the months leading up to the Olympic Games endorsing the Bank of Scotland programmes at national events, swimming clubs and local pools around the country.

Commenting on the new deal, Ray Macfarlane, Head of Community Investment at Bank of Scotland, said; "Bank of Scotland is committed to the promotion and development of sport in Scotland and

our partnership with Scottish Swimming and sponsorship of the Bank of Scotland programmes provides a very practical demonstration of how we can make a positive impact on the range and quality of sporting opportunities available to young people in this country. We are delighted to be extending the partnership for a further year."

Scottish Swimming Chief Executive Ashley Howard said, "We have been delighted with the support Bank of Scotland give to all the programmes and more recently the involvement with our Scottish national events over the past year. With support from the Bank of Scotland we can work towards ensuring every child has the opportunity to learn to swim and that they continue with the activity throughout their lifetime."

PROFILE Tom Chambers



Scottish National and Open 3m Springboard champion Tom Chambers talks to SplashNews about why diving is something everyone should try.

At the tender age of five Tom discovered swimming and by the age of twelve he had found a new love: diving. Now with five years of experience under his belt, Tom reflects on what inspired him to take the plunge into the world of diving.

After leaving Birmingham, Tom and his family moved to Edinburgh where he found the Royal Commonwealth Diving Pool.

"Until that point, I had never seen a diving board before" said Tom. After that first experience, Tom was transfixed to the point that his parents enrolled him at one of the diving classes at the pool.

It wasn't until South Africa 2001, when the National Coach noticed the young star, that his career began to take off. He knew what it would take to reach the top of the diving ladder and has become a serious force within diving, just like his idol Greg Louganis.

Greg Louganis – who at the 1988 Seoul Olympics sustained a blow to the head while executing a dive, but continued to dive and win – is someone Tom would like to emulate. The one person in sport who encourages him the most however, is his friend and fellow diver Niki Bennet, "We spur each other on to get better and better".

Tom, who also coaches diving, had some words of wisdom for young aspiring divers. "Be brave, don't be a wimp" he said.

The future for Tom could see him develop into the sport of synchro diving with fellow Scot Niki Bennet, with the Commonwealth Games 2006 as the next target.

Scottish National and Open Diving Championships

The Scottish National and Open Diving Championships on 7 and 8 August at the Royal Commonwealth Pool were an outstanding success, with a strong representation from Edinburgh Diving Club in all events.

The young Tom Chambers (featured left) swept the board, clinching all three National Men's titles – 1m springboard, 3m springboard and platform, as well as the Open 3m event.

Fellow club diver Vickie Tomlinson also showed her class winning all three Women's

National Titles and the Women's Open 1m and 3m events.

The club featured well in the girl's National events, with Jenny Sless winning the Junior National 1m and 3m springboard titles.

Acting National Diving Coach, Mary Sless was impressed with the standard "It's encouraging to see such strong performances and securing the Open titles are testament to how far diving has come in Scotland."

The next Scottish National and Open Diving Championships are being held on 4 and 5 of December at the Royal Commonwealth Pool.

Bank Of Scotland Academy boost for South Ayrshire

Scottish Swimming joined forces with South Ayrshire's Sports Development team recently to host the first ever Bank of Scotland Diving Academy at the Citadel Leisure Centre, Ayr.

Former Commonwealth Games diver Peter Smith and Acting National Coach, Mary Sless worked with over 20 enthusiastic children keen to learn to dive.

Working in groups of four, the coaches taught the new divers basic poolside diving before progressing onto teaching shapes and positions. By the end of the session, all the children were confidently jumping from 1m and 3m boards.

In addition, each child received a Bank of Scotland Academy goody bag, including a chamois, water bottle and Splash bag – all they need to get started in the world of diving!

The event was a huge success in generating interest in the new diving lesson programme, which was filled within two weeks and now has a waiting list for the new term!



DIVING: DID YOU KNOW ???

Synchronised DIVING

was only introduced to the Olympics in Sydney 2000

Experienced platform divers HIT the water at around 55 KM/H



Swimming the Channel against the clock!

Last July, Andrea Gellan, a senior lecturer at Falkirk College, played her role in a record breaking, triple relay swim across the English Channel. This epic endeavour, across the world's busiest shipping lanes, was staged in order to raise money for the Royal National Lifeguard Institution (RNLI).

Andrea's involvement in competitive swimming started at the age of 39 when her children's Club Coach introduced Andrea to masters swimming. Two years later, a friend suggested that they do an outdoor veterans swim. From that point, competitive swimming became part of Andrea's life.

Andrea manages to balance her family and professional life with her ambitions as a swimmer – she told SplashNews that she swims five times a week – 90 minutes before work and up to two hours in the pool every weekday evening.

The 47 year old INCAS member was in no doubt that this level of commitment was the bare minimum required if a successful Channel relay swim was going to be anything other than a dream. "I was not sure if we would break the world record, as it all depended on the weather, but we gave it our all," said the mother of two.

On the day, Andrea and her five female colleagues in the relay team, faced 70 miles in water at a temperature of just 14°C: "We started at 3am on Friday morning, which meant we were tired to start with, and were starting in the coldest, darkest, part of the night so that dampened our enthusiasm slightly. But we managed to keep going through it all and beat our first record by completing the double crossing in 19 hours and seven minutes. This was almost an hour quicker than the previous record, and by finally completing three crossings we have become the first women's team to ever manage it."

When asked why she chose the RNLI as the charity, Andrea said "I work alongside a member of the Kinghorn Lifeguard and I am aware of the huge difficulties faced by this organisation."

As to whether she has any advice for someone interested in competitive open water swimming, Andrea replied that success and a sense of achievement will only happen if you are prepared to train hard and challenge yourself.

Looking to the future, Andrea has her eye on more high-profile swims including Lake Windermere both ways, as well as a unique way to celebrate her 50th birthday: "I'm not having a big party, I'm swimming the Channel!"



Andrea pictured during her record breaking swim

Andrea's swim will help raise funds for the RNLI

DO YOU HAVE A GRIEVANCE OR COMPLAINT?

If you have a grievance or complaint, you should follow the steps below:

1. Contact one of the club office bearers or a committee member. The problem may be solved at this stage.
2. Write to the Club Secretary requesting that your grievance be heard in accordance with your club disciplinary procedure.

If you are not satisfied after these steps:

3. Make an official complaint to the SASA Office in writing with details of your problem and enclose the appropriate fee, in accordance with Company Rule R16.0. Your complaint will then be professionally handled and you will be advised what you should do.

Please note: Company Rules are printed in the Scottish Swimming Information Guide, Company Limited and Constitution Documents, which should be available in your club or can be obtained from the SASA Office.

The first step **DOES NOT** include phoning the SASA Office.

PLEASE use the correct procedure and hence avoid the busy staff replying to questions which are answered in the above booklet. The staff will be forever grateful.

SCOTLAND TO HOST GB MASTERS

Scotland has secured the British Masters Long Course Swimming Championships in 2005. The pinnacle of the masters swimming calendar will be held on 3-5 June at Tollcross Park Leisure Centre, Glasgow. Look out for more information nearer the time at www.scottishswimming.com

SplashNews is published by: Scottish Swimming, National Swimming Academy, University of Stirling, Stirling FK9 4LA
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Scottish swimming's vision: "Scottish Swimming will provide world class opportunities and services to our membership and partners".

